

Table 1. Edible Flowers. (continued)

Common Name	Scientific Name	Flavor	Color	Comments
Elderberry	<i>Sambucus canadensis</i>	Sweet	White	Perennial; do not wash flowers since it removes much of the flavor
English daisy	<i>Bellis perennis</i>	Mildly bitter	Pink	Perennial; ray flowers have a mildly bitter taste
Fennel	<i>Foeniculum vulgare</i>	Mildly anise	Yellow-green	Normally grown as an annual
Hibiscus	<i>Hibiscus rosa-sinensis</i>	Mildly citrus	Rose, red	Showy edible garnish
Hollyhock	<i>Althea rosea</i>	Vegetal	White, pink, red	Showy edible garnish
Honeysuckle	<i>Lonicera japonica</i>	Sweet	White to pale yellow	Perennial; <i>do not use other honeysuckle flowers</i>
Johnny-jump-up	<i>Viola tricolor</i>	Wintergreen	Purple and yellow	Annual; the petals have little flavor unless the green sepals are included; <i>contain saponins and may be toxic in large amounts</i>
Lavender	<i>Lavendula</i> spp.	Sweet, perfumed flavor	Lavender	Perennial; use sparingly due to intense flavor; <i>lavender oil may be poisonous</i>
Lilac	<i>Syringa vulgaris</i>	Varies	Lavender	Wide variation in flavor — from no flavor to green and herbaceous to lilac
Linden	<i>Tilia</i> spp.	Honey-like	White	<i>Frequent consumption of linden flower tea can cause heart damage</i>
Lovage	<i>Levisticum officinale</i>	Celery	White	Perennial
Marigold	<i>Tagetes patula</i>	Bitter	Yellow, orange	Annual; Lemon Gem and Tangerine Gem have the best flavor
Mint	<i>Mentha</i> spp.	Minty	Purple	Perennial; each type of mint has its own unique flavor
Nasturtium	<i>Tropaeolum majus</i>	Spicy, peppery	Wide range	Annual
Okra	<i>Abelmoschus esculentus</i>	Vegetal	Yellow	Annual
Pansy	<i>Viola x wittrockiana</i>	Vegetal	Wide range	Annual; has a slightly sweet green or grassy flavor; petals have a mild flavor; whole flower has a wintergreen flavor
Passion flower	<i>Passiflora</i> spp.	Vegetal	Purple	Vine; showy flowers best used as a garnish
Pineapple sage	<i>Salvia elegans</i>	Sweet, fruity	Red	Perennial; flavor has a hint of mint and spice